



## **Deann Ware**

Zip Code: 75230 Zip Postal: 75230-2766 Language: English Populations Treated: Adults

Organization: Ware Wellness Group
Treatment Options: Telehealth, In Office

Disorders Treated & Specialty: Trauma, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Depression, Attention-

Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia

Treatment Methods: EMDR, Mindfulness, Medication Referral, Cognitive Behavioral Therapy (CBT)

Payment Options: Accepts Credit Cards

Address1: 5925 Forest Ln Address2: Ste 514

Website: http://www.deannware.com

City: Dallas

State/Providence: Texas

Degree: PhD

Email: dware@warewellness.com Office Phone: (214) 256-9273 Cell Phone: 214-256-9273

## ABOUT

Dr. Ware, licensed psychologist, is experienced in treating many psychological difficulties, including anxiety, stress, trauma, obsessive compulsive disorder, depression, and low self esteem. You may schedule an initial consultation for no charge. During the initial consultation, Dr. Ware will help you define your treatment goals and evaluate whether she is the best psychologist to provide the services you need. Dr. Ware does not accept insurance assignment, but her office will file your insurance claims. Please see Dr. Ware's website at www.deannware.com for more information concerning her practice.

# TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT) EMDR Medication Referral Mindfulness

## POPULATIONS TREATED

Adults

# DISORDERS AND SPECIALITIES

Agoraphobia Anxiety Attention-Deficit/Hyperactivity Disorder Depression Panic Attacks/Panic Disorder Posttraumatic Stress Disorder (PTSD) Trauma

## PAYMENT OPTIONS

**Accepts Credit Cards** 





### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

#### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

## If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

#### Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

 $Know\ that\ you\ are\ not\ alone, and\ help\ is\ available.\ If\ you\ are\ in\ crisis\ call\ or\ text\ 988\ for\ the\ Suicide\ \&\ Crisis\ Lifeline.$ 

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The members in ADAA's Find Your Therapist directory are listed for the sole propose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

#### **ADAA** Website

https://adaa.org/

### 5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit and the state of t

### Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTD, OCD and more!

https://adaa.org/resources-news/from-adaa-experts/videos

#### **ADAA's Free Mental Health Webinars**

https://adaa.org/resources-news/from-adaa-experts/webinars

### **Mental Health Personal Stories**

https://adaa.org/educational-resources/from-our-community/stories-of-triumph

#### ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph\_Subscribe\_page

# Join a Free ADAA Online Peer-to-Peer Support Community

https://adaa.org/find-help/support

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